

Potted Pot Roast

From Grandma Grace

Ingredients

Salt and freshly ground black pepper
One 3- to 5-pound chuck roast
2 or 3 tablespoons olive oil
2 whole onions, peeled and halved
6 to 8 whole carrots, unpeeled, cut into 2-inch pieces
1 cup red wine, optional
3 cups beef broth
2 or 3 sprigs fresh rosemary
2 or 3 sprigs fresh thyme

Preheat the oven to 275 degrees F.

- 1. Cut the pot roast in half.*
- 2. Generously salt and pepper the chuck roast.*
- 3. Heat the olive oil in large pot or Dutch oven over medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.*
- 4. Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.
If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- 5. With the burner still on high, use either red wine or beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk.*
- 6. Place the roast back into the pot and add enough beef stock to cover the meat halfway.*
- 7. Add in the onions and the carrots, along with the fresh herbs.*
- 8. Put the lid on, then roast for 3 hours for a 3-pound roast. For a 4 to 5-pound roast, plan on 4 hours. The roast is ready when it's fall-apart tender.*